


Building Better Health – East County Healthy Miles

Individual Workout Record Sheet

<p><u>Team Member Instructions</u></p> <p>Write your name and the month on the lines provided and then fill in the dates on the blank calendar. Each day record the number of miles that you walk, run, skate, skateboard, bike or swim (swim distance x 4) for exercise. At the end of the month, add up your total miles and turn your Record Sheet in to your Team Leader.</p>  <p><u>NOTE:</u> If you want to have your own record of your workouts, please make a copy of the Workout Record Sheet before you send it to your Team Leader, as the Team Leader may not save your Workout Record Sheets.</p>	<p>Name _____ Month _____</p> <p>Month Total _____</p>						
	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday

“Given what we know about the health benefits of physical activity, it should be mandatory to get your doctor’s permission NOT to exercise.”— Author Unknown